# IRIDOLOGY

# Iridology

- Definition- the study of the iris of the eye to determine tissue weakness and the body's predisposition to weakness. It is an assessment tool.
- The iris has a reflexive connection to every organ in the body via the nervous system.
- Information about the health of organs are sent via the optic nerves to the iris. It's a two way street.
- Irises are as unique as fingerprints.
- The color and pattern of fibers will indicate underlying inherent weaknesses that may or may not be activated depending on how you eat, drink, feel, live and love.
- Iridology is used to determine health problems at their earliest stages before they become a real problem.
- First recorded iris analysis traces back to ancient Babylon. Popularized in 20th century in US by Bernard Jensen.

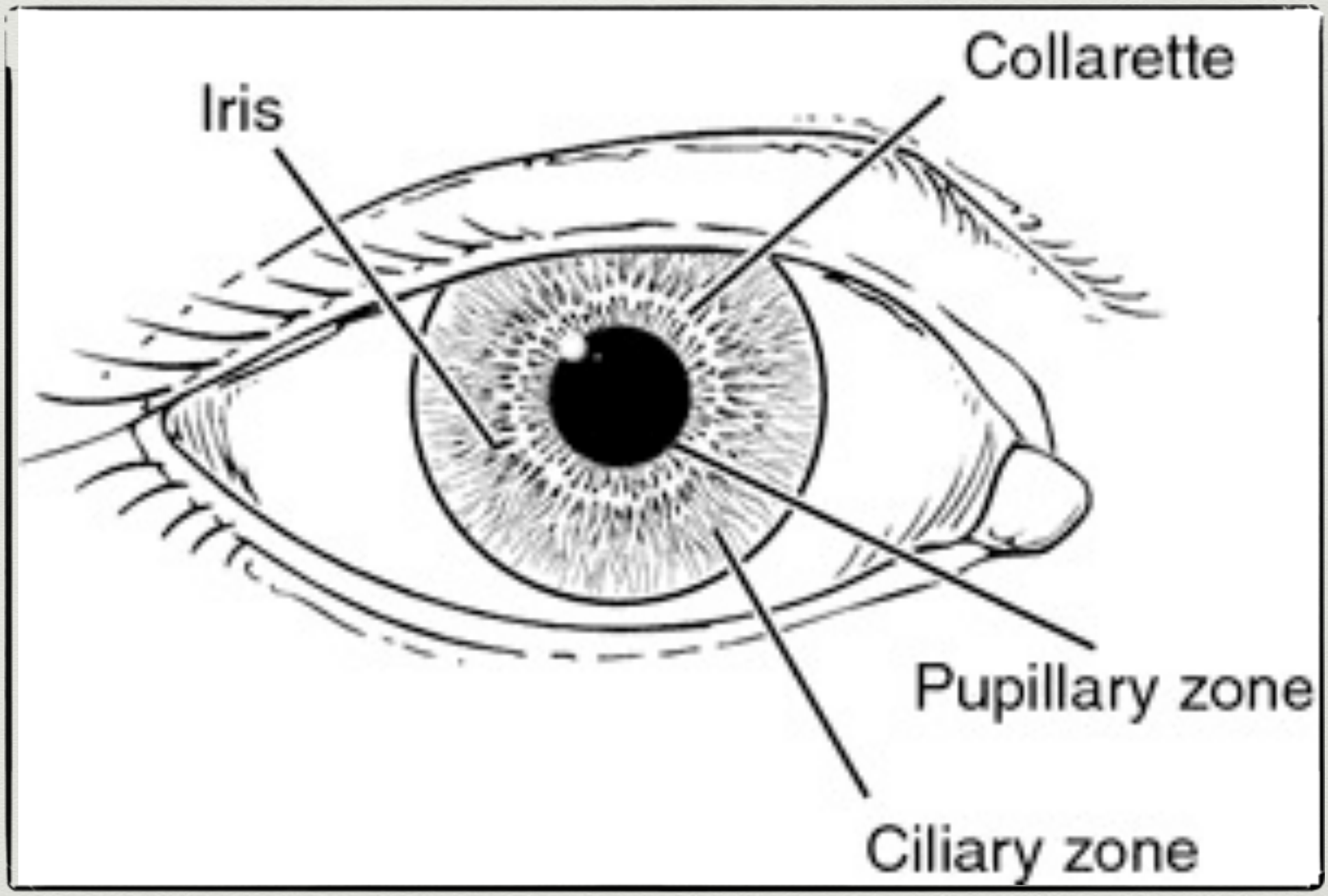
# Constitution

- Constitution is our mineral base that is inherited from out parents.  We cannot change our own constitution but our habits and those of our parents will affect our children's constitutions.

- A strong constitution allows you to recover from illness quickly and steps taken towards health will yield quicker results. Eye fibers are relatively straight and close together. Strength is caused by good nutrition, fresh air and sunshine, as well as balance in life.

- A weak constitution shows many gaps in the fibers of the eyes.  Recovery from illness takes longer, and it takes more work to improve health. Weakness is caused by poor nutrition, exposure to toxic chemicals, radiation, substance abuse as well as negative emotions.

# Parts of the Iris



# Three basic eye colors

- In iridology three basic eye colors are recognized out of all the variety: blue, true brown, and mixed

# Lymphatic eye

- Usually blue eyes. Can have overlying pigments to make them look other colors, including green and brown!

- Childhood ear, nose, throat complaints, allergies.

- Over active LYMPHATIC SYSTEM- swollen glands.

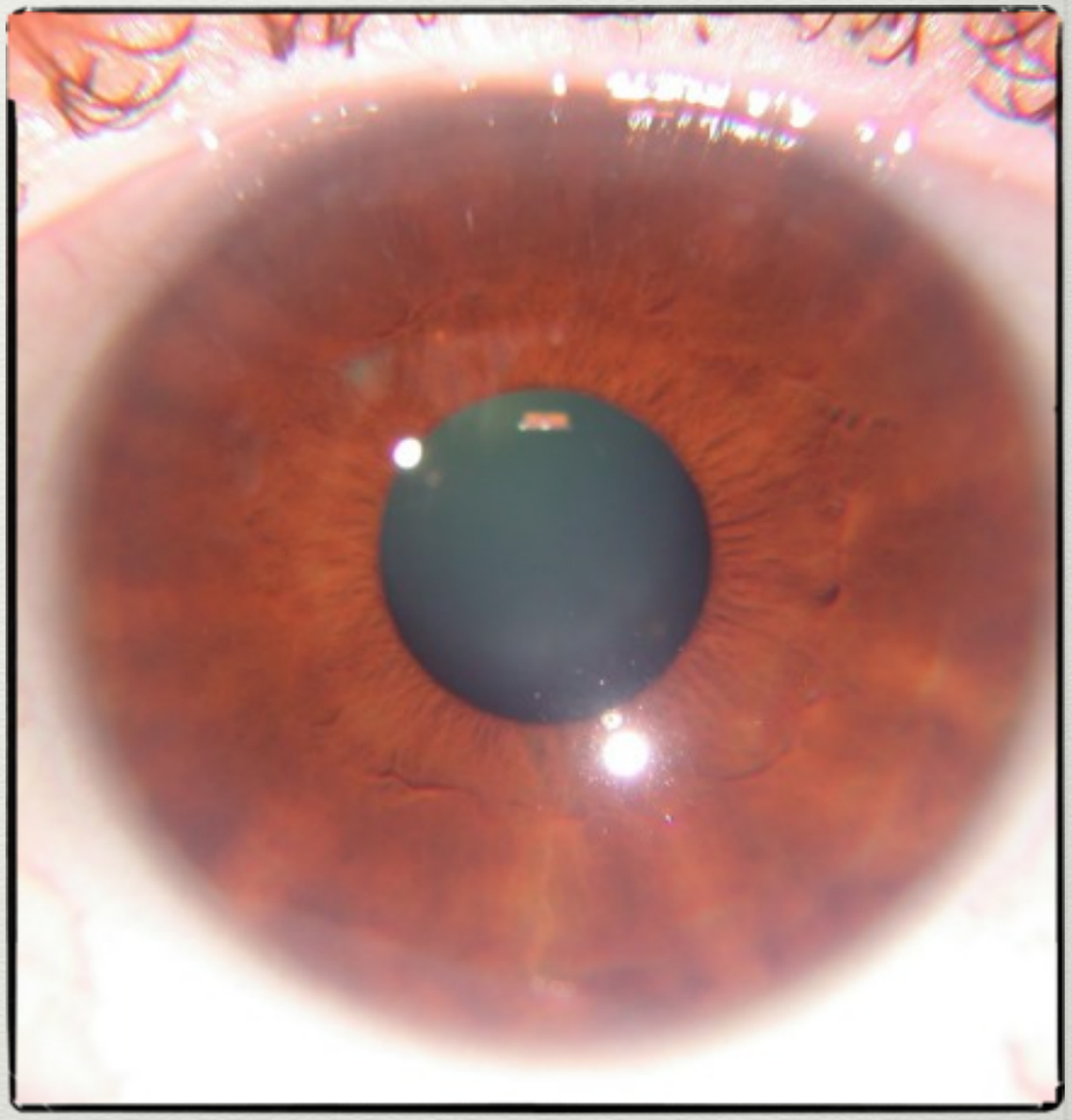
- Upper RESPIRATORY weakness, asthma, bronchitis, sinusitis

- INFLAMMATORY conditions like arthritis and  rheumatism resulting from hyperacidity.

- Hardening of  the arteries with advanced age.

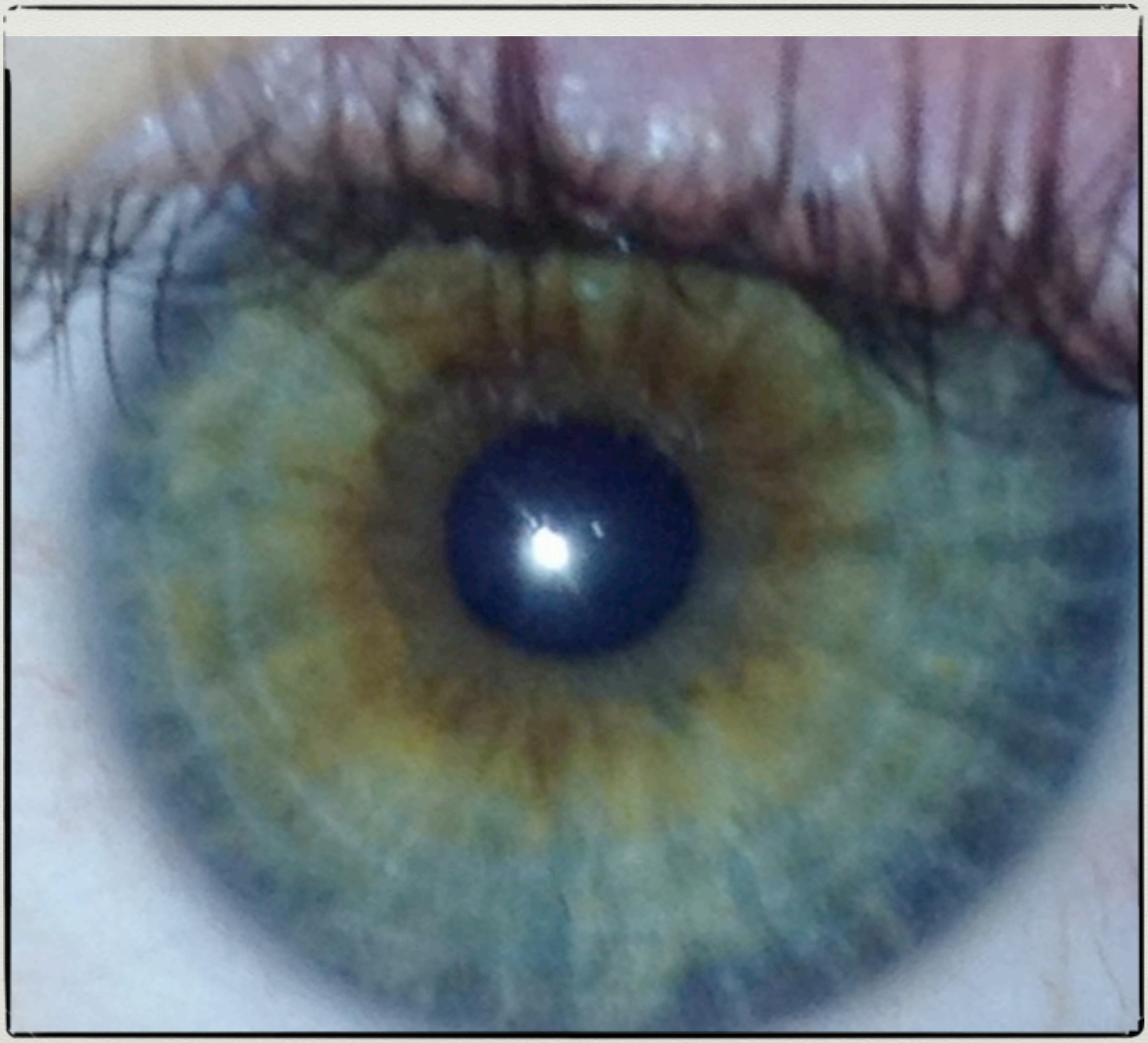
# Hematogenic

- These are true brown eyes. No other colors can be seen.
- Fibers outside the collarette are not visible. There is a velvety layer over the top.
- Primary weaknesses include POOR BLOOD CIRCULATION, COLON ISSUES AND LIVER.
- Also problematic can be glandular conditions, blood sugar levels, hormonal disturbances, hemorrhoids.



# Mixed Biliary

- Distinguishing feature is a central heterochromia- a brown pigment that covers the pupil.
- Brown pigments are overlaid onto a substructure  that can be various colors of blue, gray, yellow or greenish fibers.
- The primary health weaknesses are LIVER, COLON & PANCREAS.
- Diabetes  and hypoglycemia can be an issue.

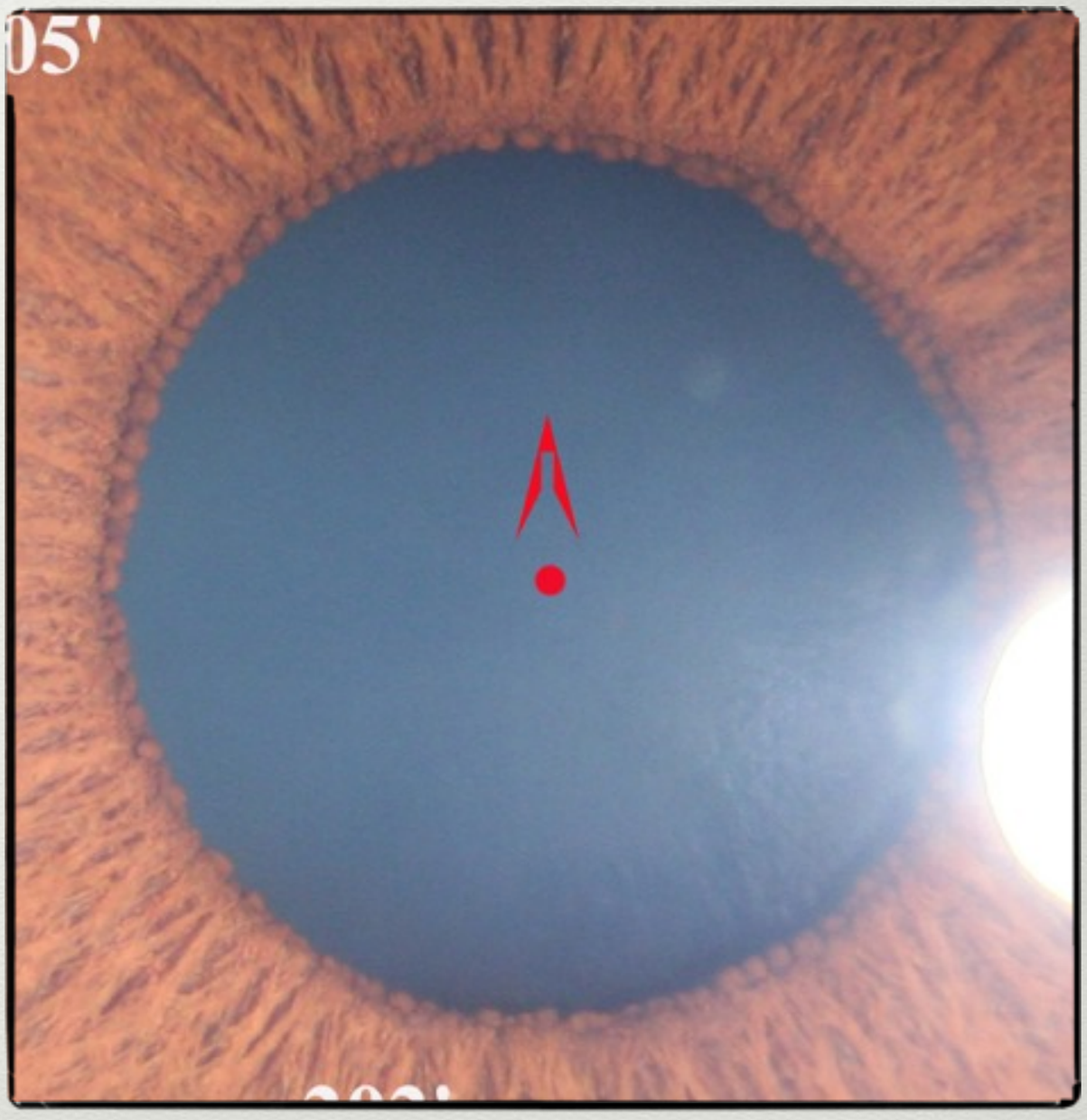


# Colors in the eye and their meaning

- Brown- liver imbalance
- Yellow in ciliary zone- kidney
- Yellow/orange within the collarette can indicate yeast in digestive tract
- Orange- pancreas
- White- inflammation
- Dark area- under active area- common for stomach region

# Pupillary Zone/Pupil Border

- Dark ridged edge at rim of pupil.
- Color varies from coral red to black brown
- Represents the spinal column. Gaps and bulges indicate the need for spinal assessment.
- Also a digestive indicator. Excessive darkness indicates reduced digestive absorption. A lack of uniformity indicates a digestive enzyme issue.



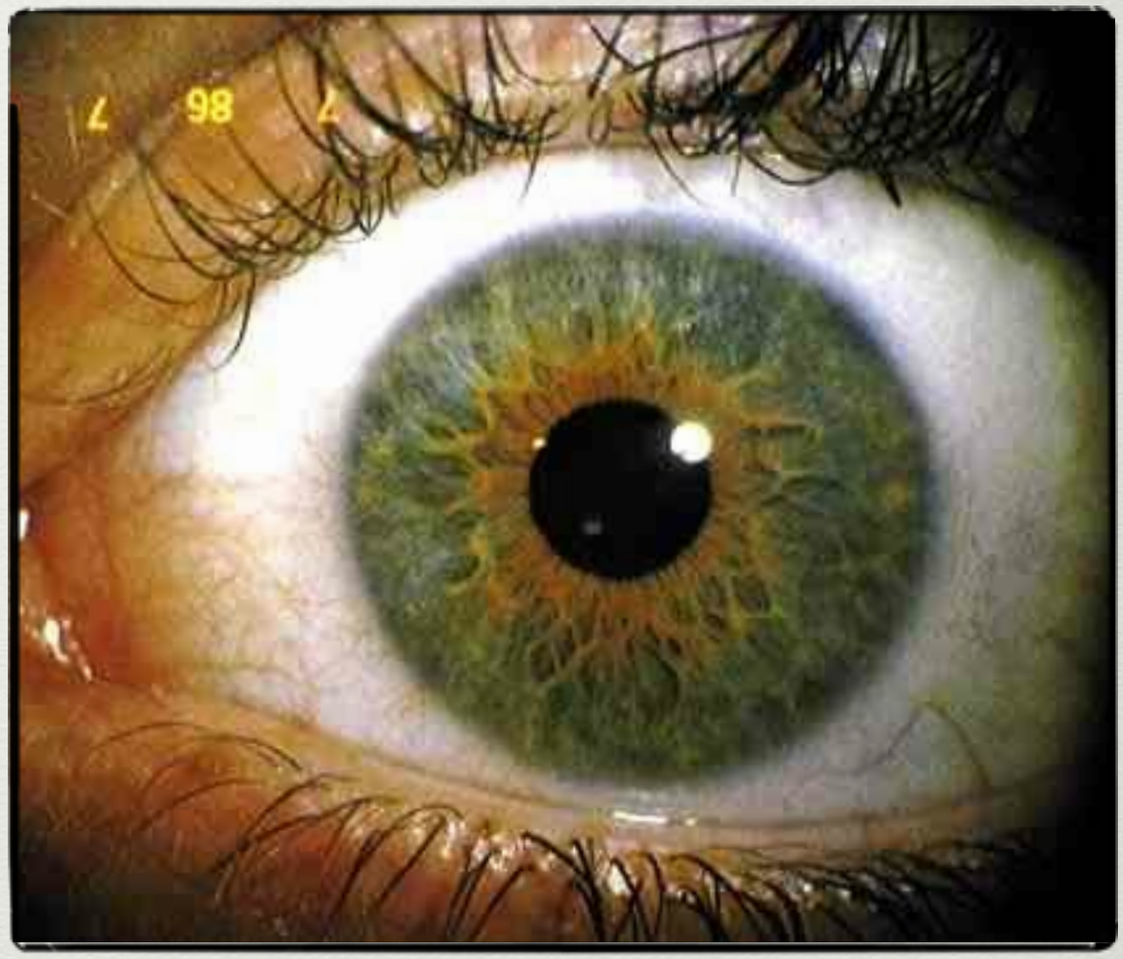
# The Collarette

- A major landmark that represents digestion and absorption, as well as the nervous system. It is the seam between the body and the mind, revealing past and present emotional trauma.

- It separates the digestive area of the eye from the other organs and glands.

- It's shape and integrity indicate tone and function of the intestinal tract.

- A balanced collarette lies about 1/3 the distance between the pupil border and the ciliary border.



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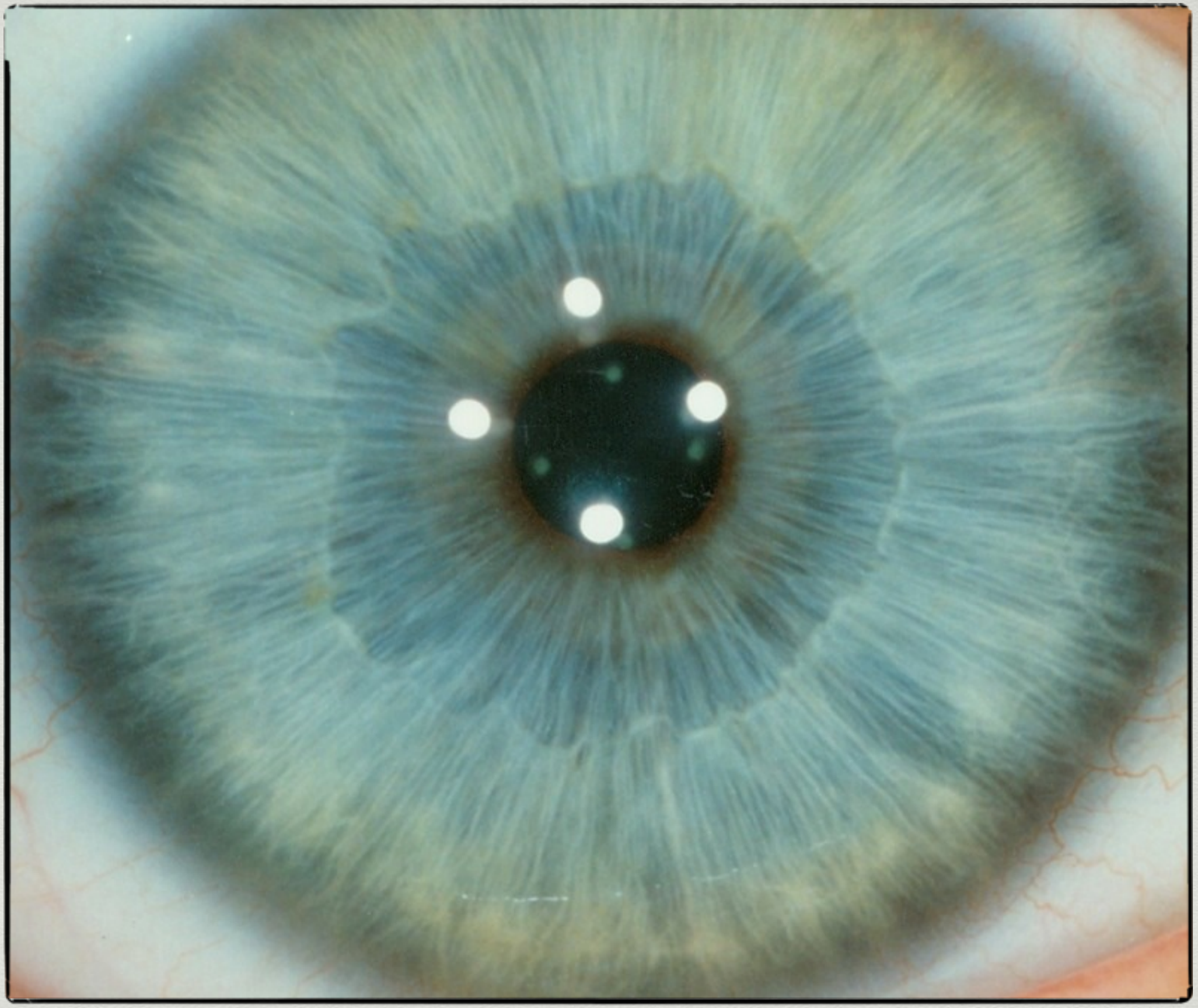

# Variations of the Collarette

- Atonic- collarette is extended which indicates intestinal tract is prone to reduced tone and function. The more open the fibers, the more likelihood of increased transit time, sluggish bowel habits, accumulation of waste, flatulence, abdominal distention and bloating.

- Personality traits: emphasis on quantity over quality, do things in fits and starts, often social extroverts, like to accumulate material possessions and usually marry once for life.

# Variations on the Collarette:

- Constricted- limited digestive and absorptive qualities. Ideally suited to small, frequent meals with high quality ingredients. Overeating habitually  significantly reduces their general health. Excitement or anxiety causes overcontraction of digestive tract experienced as tightness in the gut and indigestion.

- Personality traits: socially introverted. They understand the value of confidentiality and can keep a secret.

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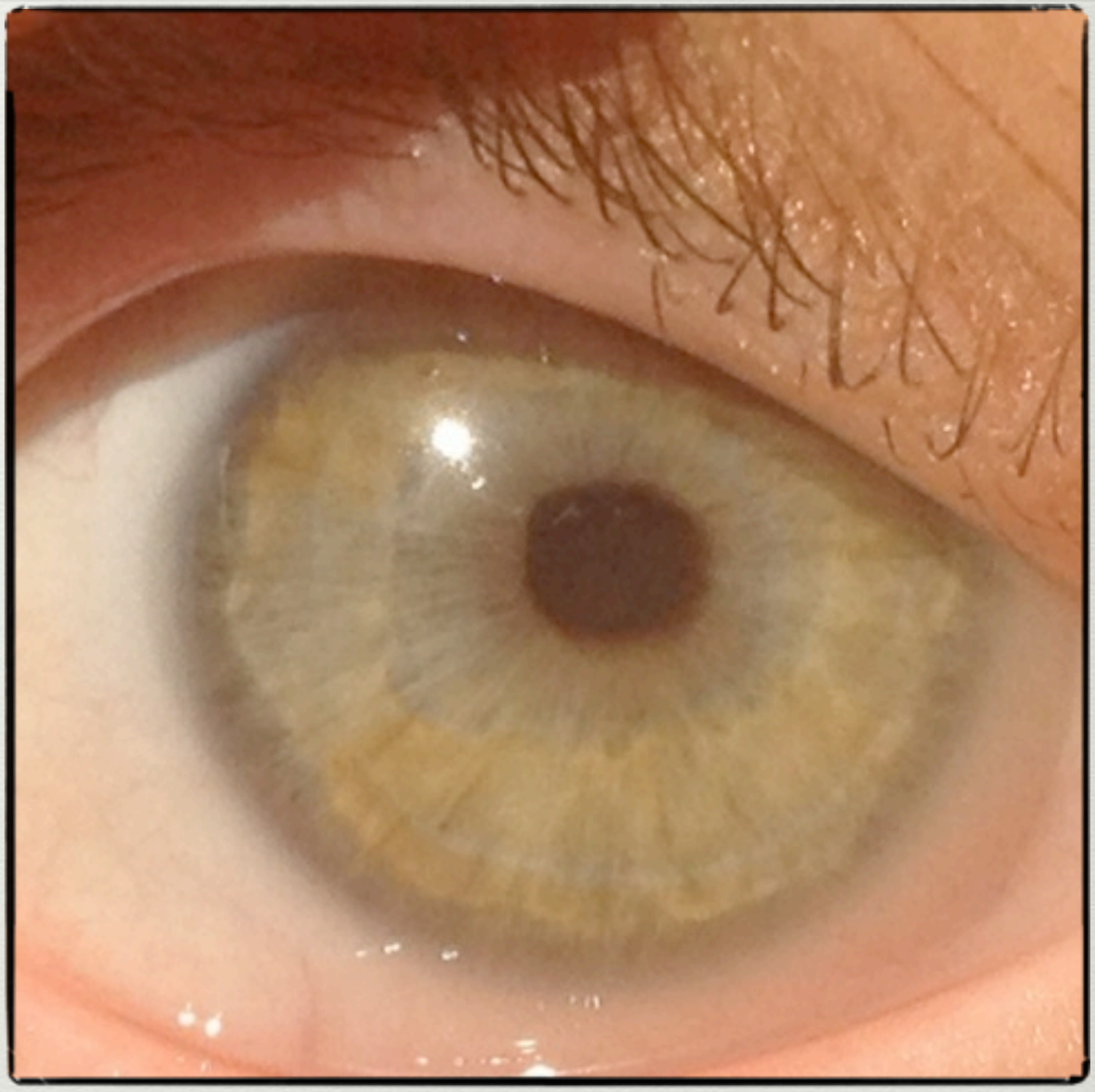
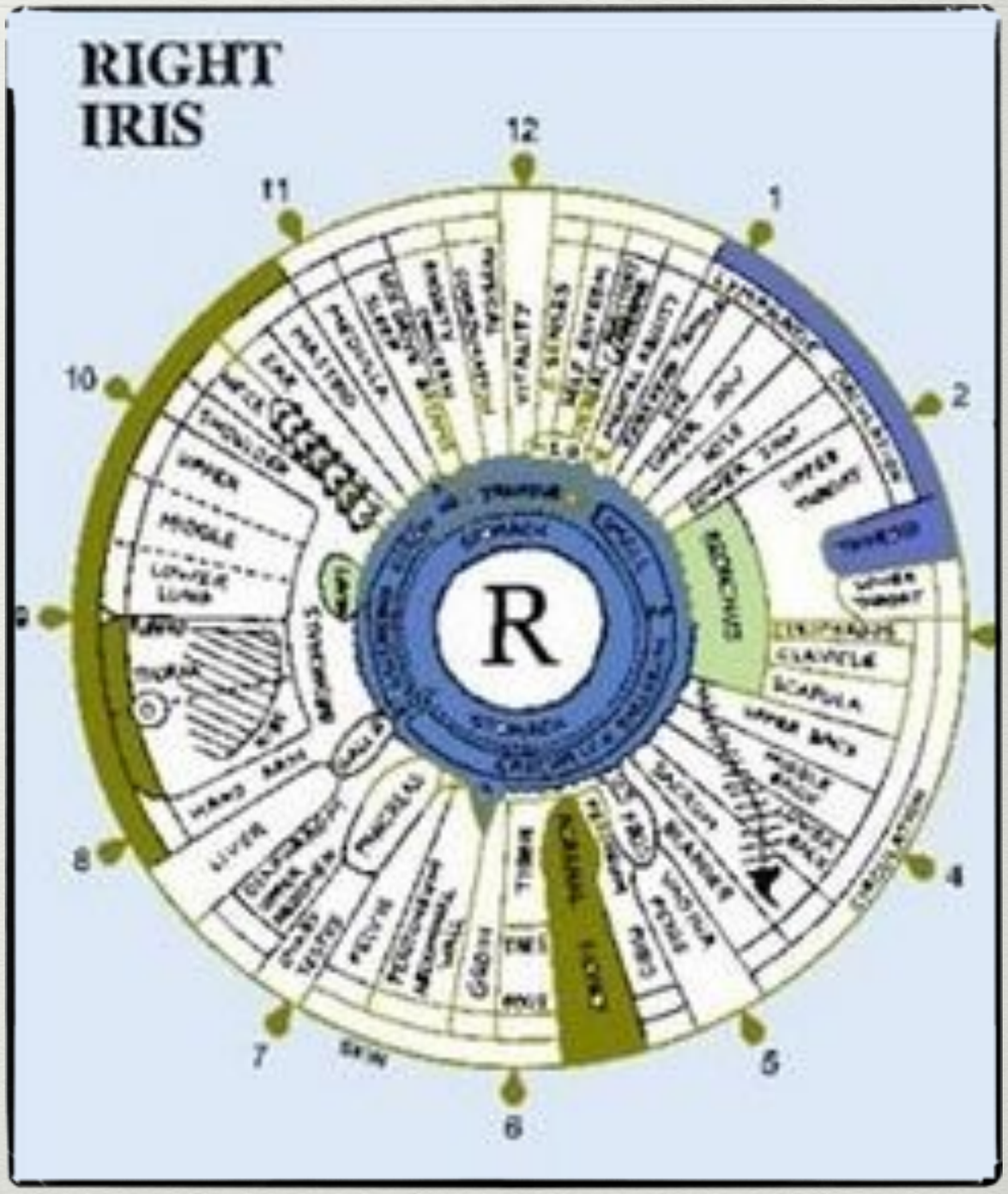
# Variations of the Collarette.

- Square collarette
- "Pancreas Quadrant"
- Usually associated with familial diabetes- though does not necessarily indicate active diabetes in the individual.
- Highly probable there will be blood sugar regulation issues.
- Usually in one eye only.  Left is associated with the mother, right with the father.



# Ciliary Zone

- The ciliary zone is the part of the iris that lies outside the collarette.
- This area represents all the other major organs in your body.
- The top represents head, lower represents feet.
- The outermost layer represents skin.



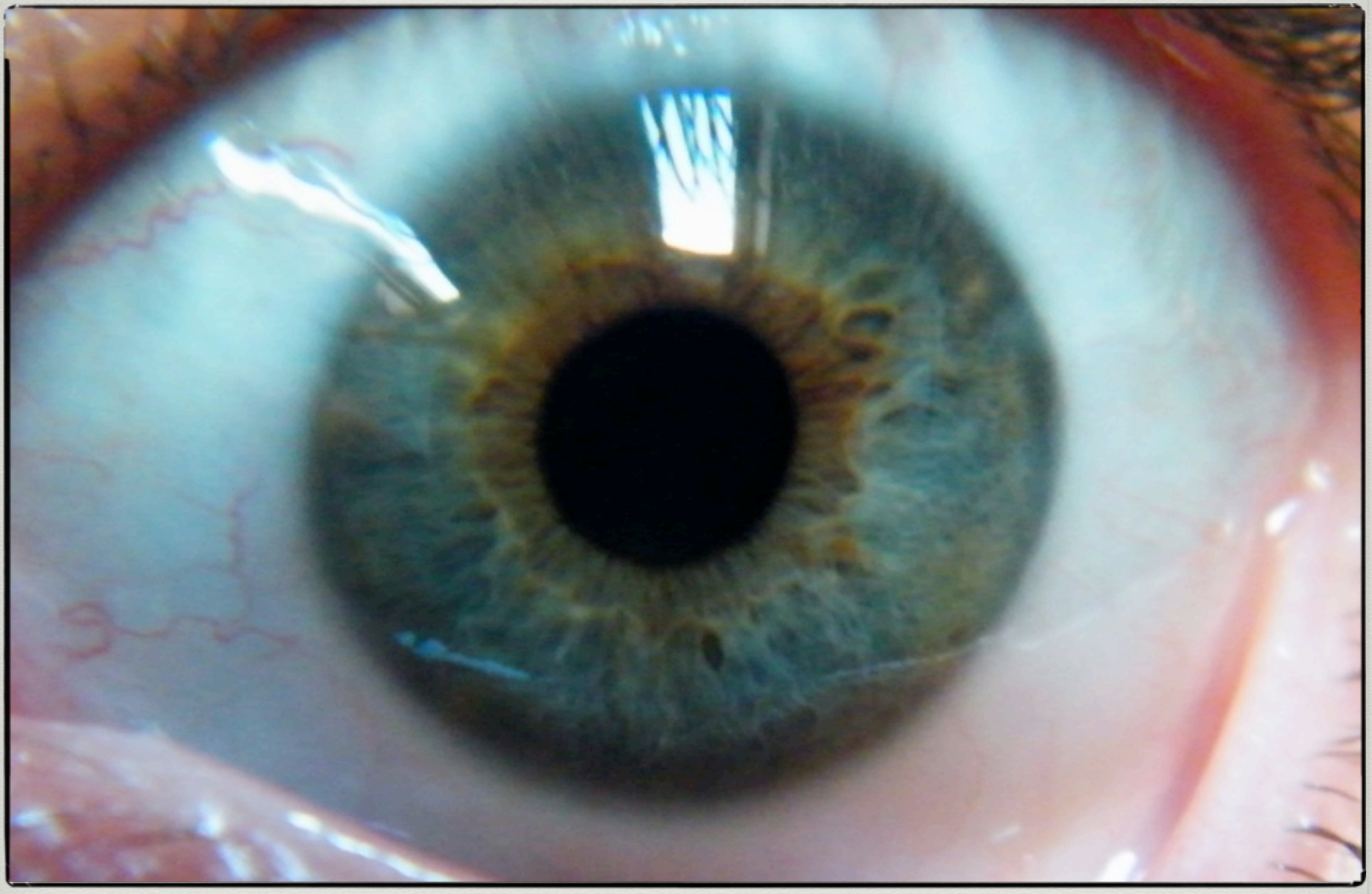
# Lacuna

- Holes in the anterior iris layer made of broken or separated iris fibers. They can be open or closed

- Location represents specific nurture points. Nutritional support in these areas are a good idea.

- A double lacuna increases the potential weakness.

- They are thought to represent familial weaknesses.



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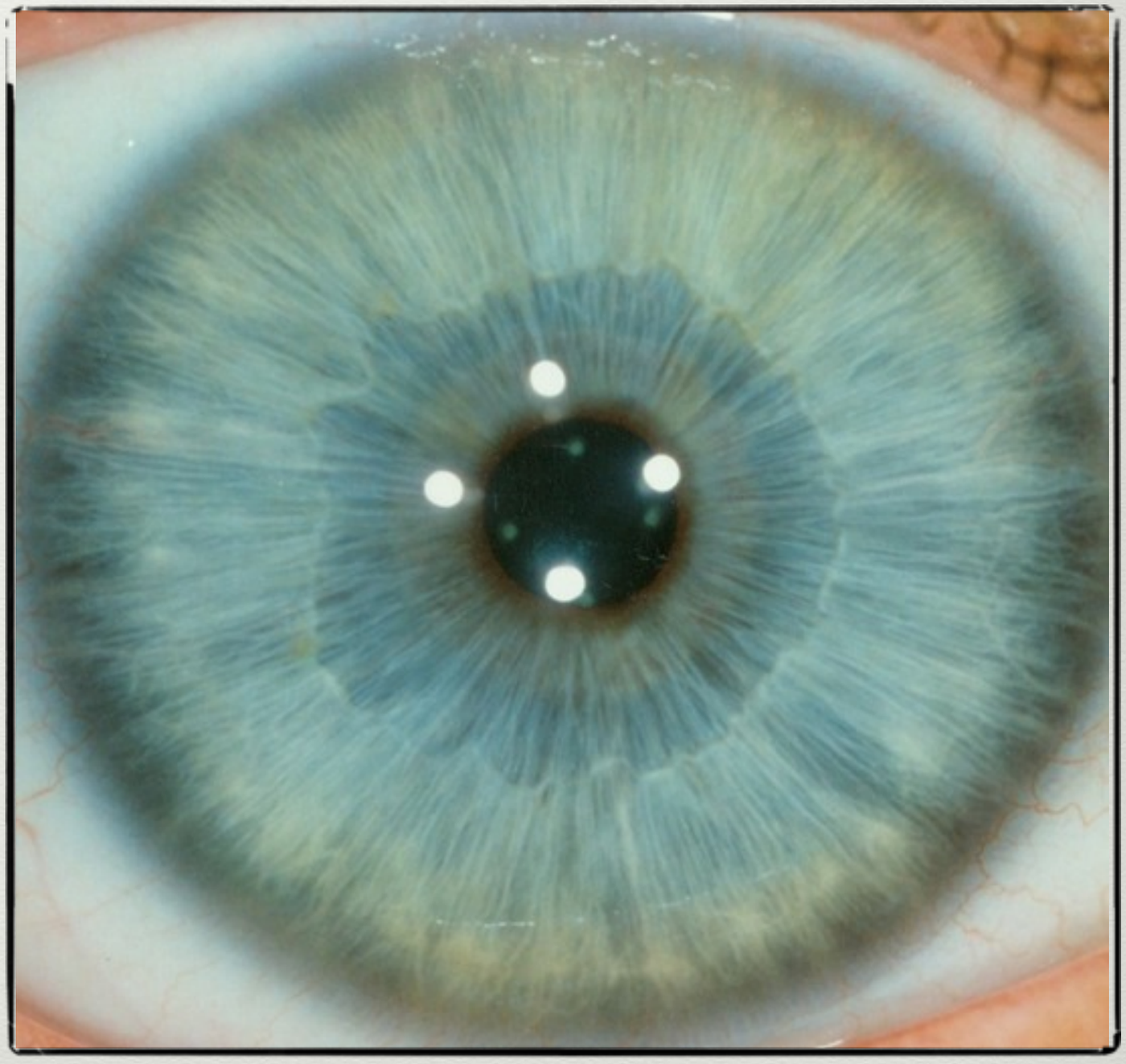
# Rarefaction

- Sections of the iris have a reduced density.

- The locations identify nurture points. There is potential underactivity of an organ or tissue.

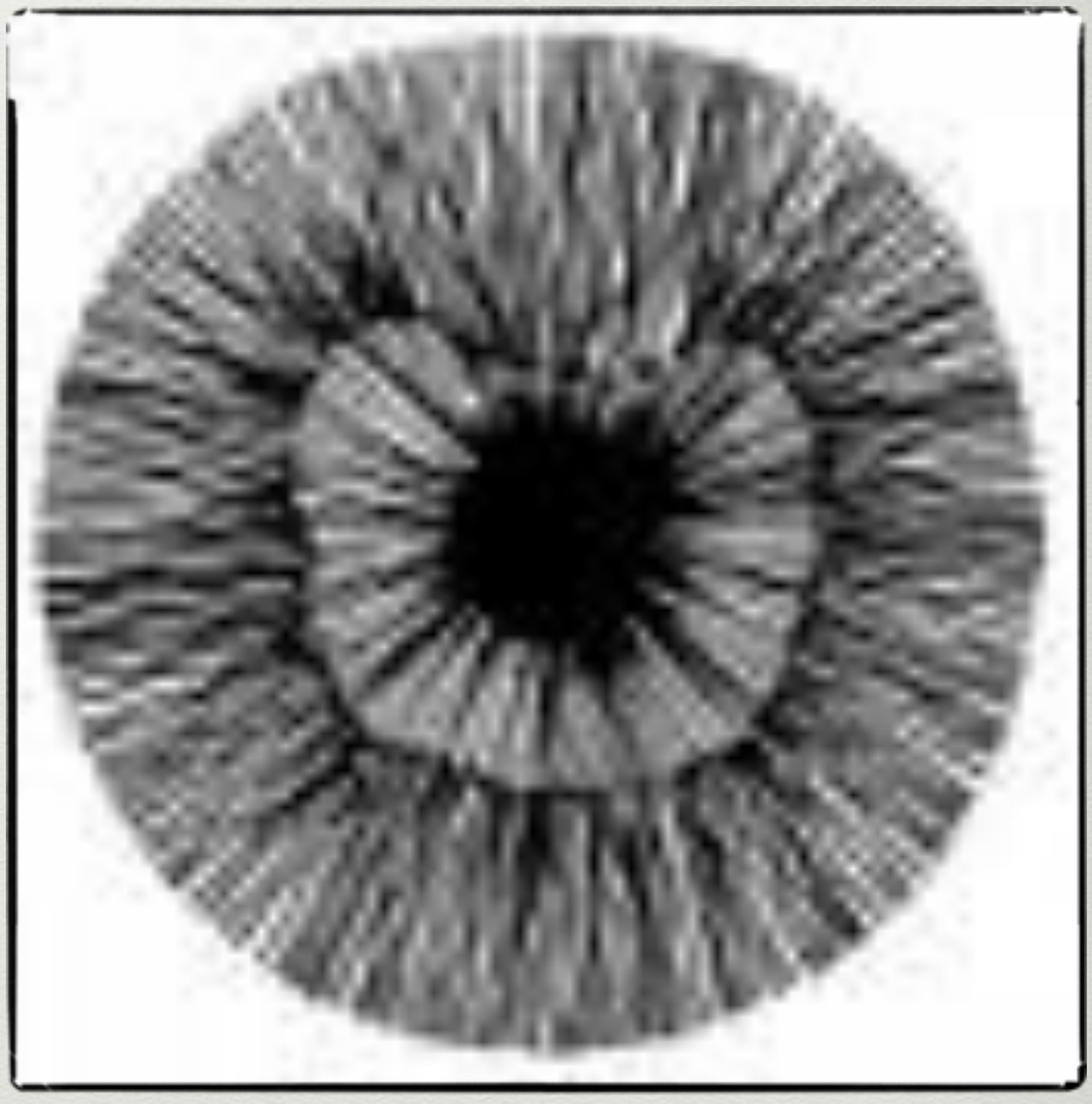


# Prolapse Sign

- Drooping of the top part of the collarette towards the pupil.

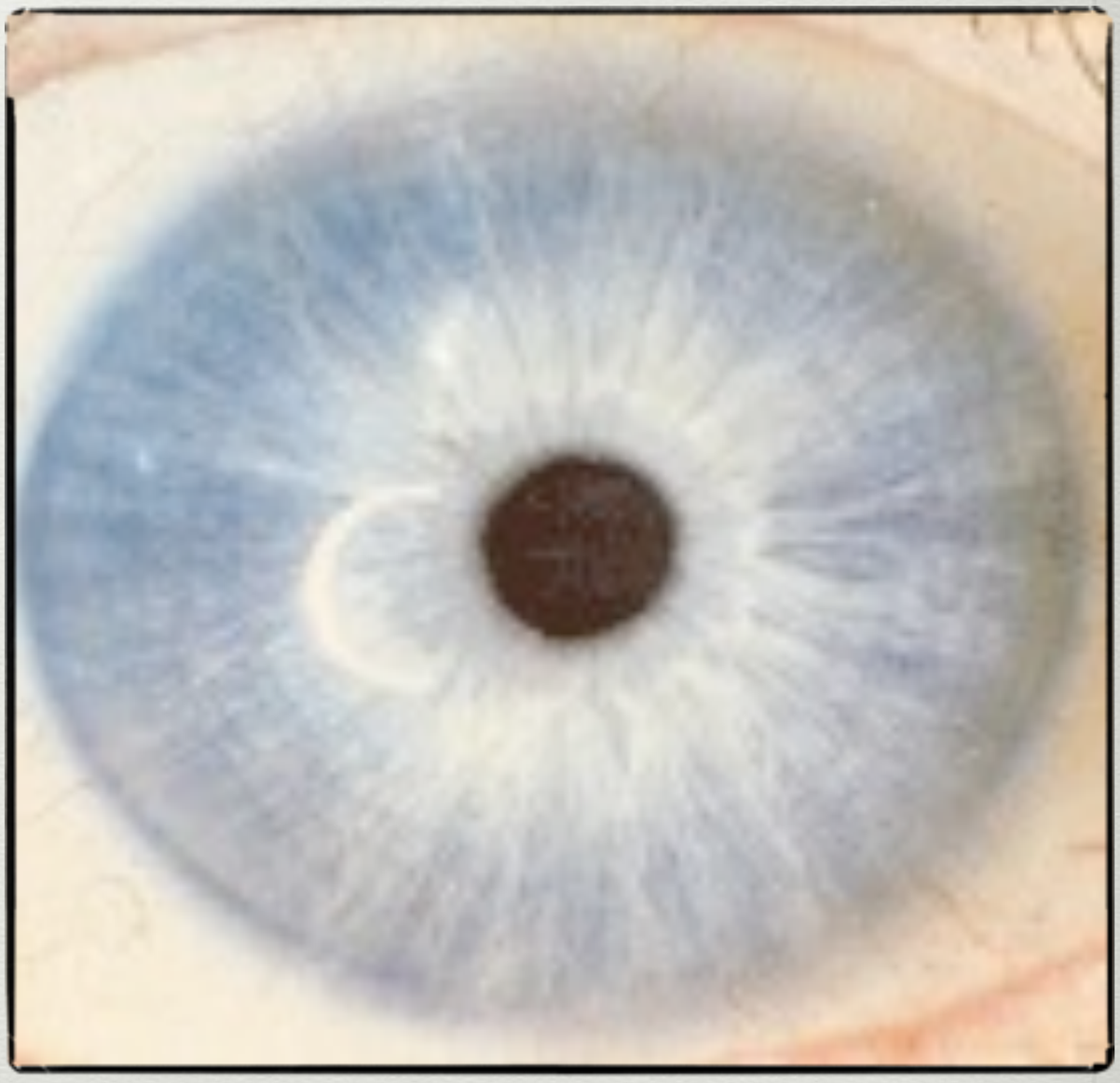
- Represents a tendency towards large bowel prolapse, which can displace lower organs, impeding blood flow and healthy functioning.

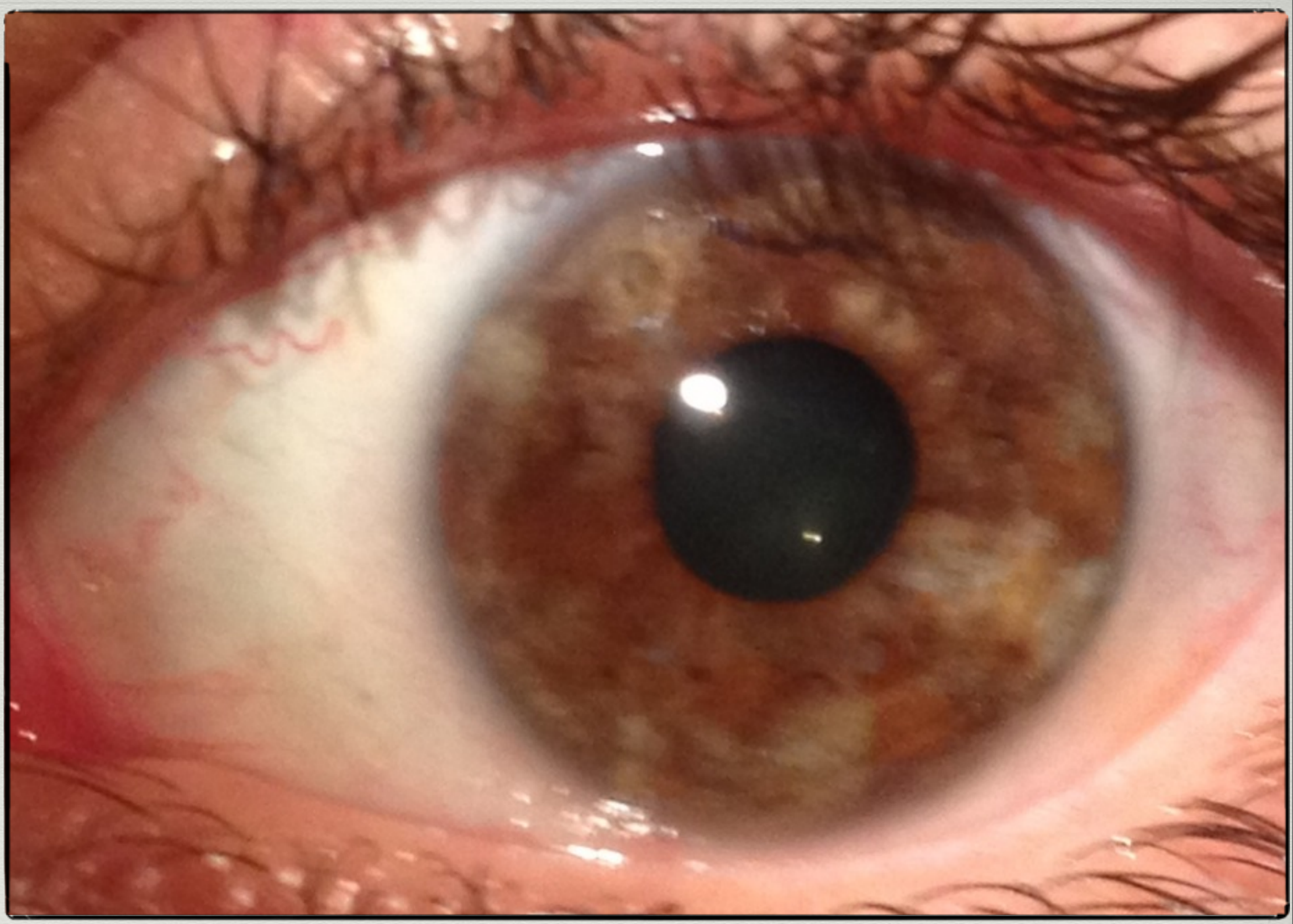
- May be an underlying factor in female infertility.



# Inflammation signs

- Extreme light color or whiteness in fibers of iris.
- Represents an area of the body that is producing acute symptoms of pain, heat, swelling, or other signs of inflammation.
- Called hot spots.





# Radial Furrow

- Spoke like rays extending from inside collarette.
- Represent stomach disturbances that are impacting other parts of the body.

# Contraction Furrow

- Also known as stress rings.
- Circular arcs that show anywhere in the iris.
- Shows a tendency to internalize stress.
- Indicate amplified tension in the sympathetic nerves producing spasm, tension, pain, especially at the point the arcs terminate.
- Need to nourish the nerves.

# Lymphatic Tophi

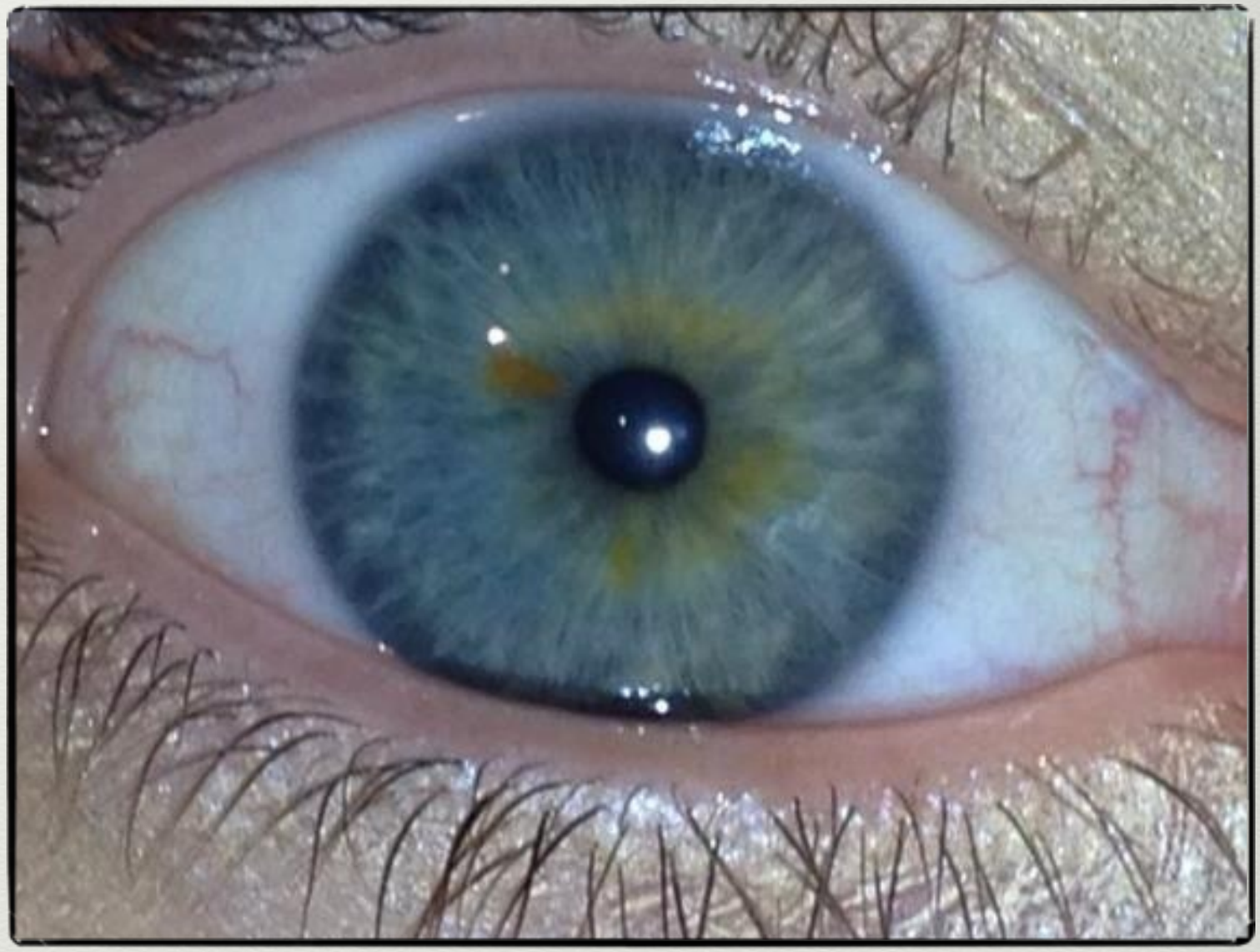
- Collagen bundles in the shape of beads, clouds, smears, etc.
- Usually white, but discoloration can indicate toxic loading.
- Indicate a predisposition to stagnation, congestion, swelling or enlargement of adjacent lymph tissue and glands- especially if person is sedentary.

# Pigmentation-dark brown

- Random flecks of brown color throughout the iris.
- Indicates heavy metal exposure.
- Will often settle in a weakened part of the body.
- A single spot is often more significant than multiple spots.

# Pigmentation-bright orange

- Fire orange pigments can indicate toxic chemical exposure.
- Again one pigment is more significant than multiple pigments.

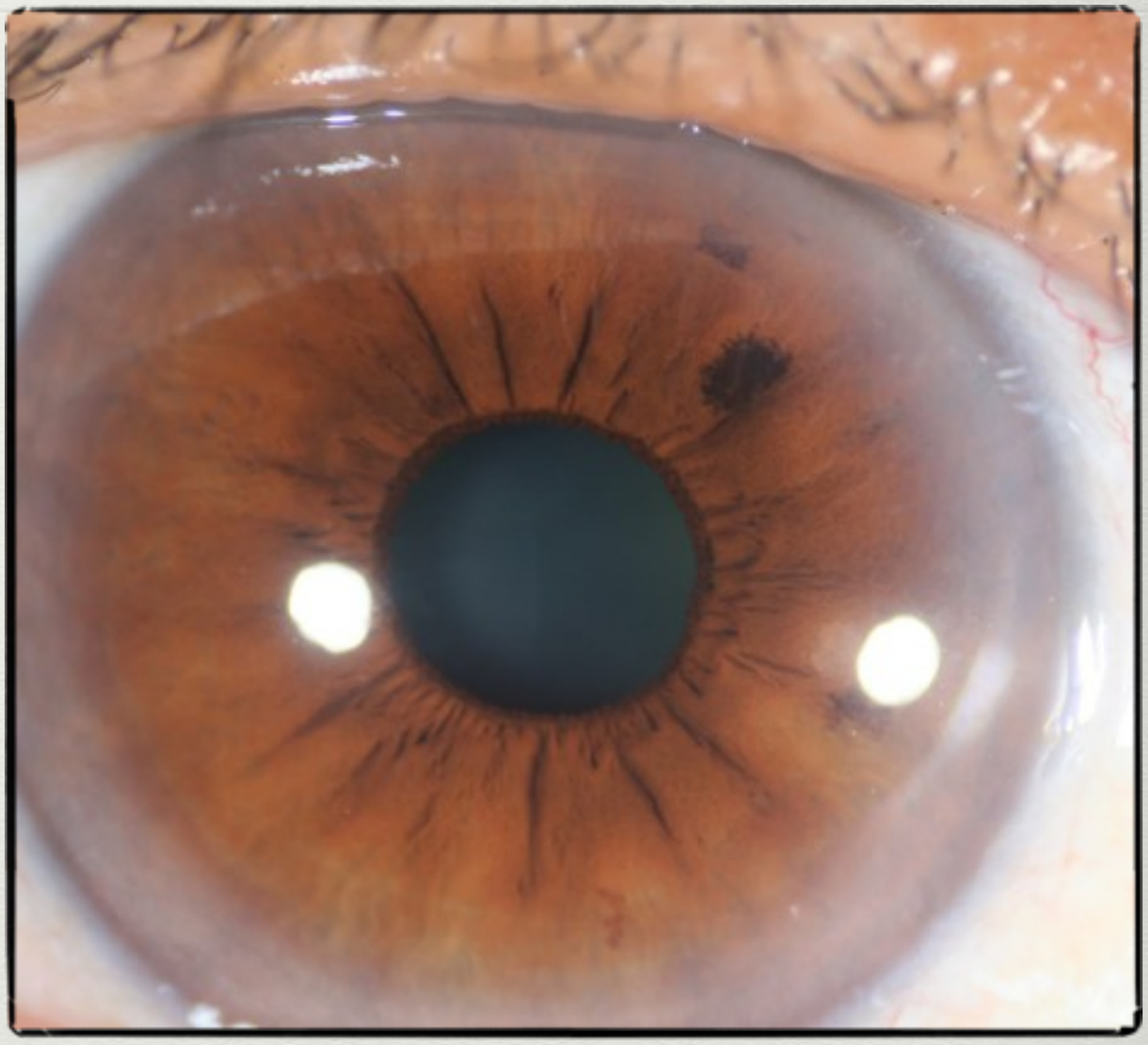


# Scurf Ring

- The outer ring represents the skin.
- Since a darker color indicates sluggish activity, a dark ring indicates skin that is sluggish. It is not eliminating toxins as well as it could.
- Daily skin brushing with a dry natural bristle brush is helpful. Saunas are also helpful.

# Cholesterol Ring

- A whitish deposit that rings the iris. It can be a full or partial ring. Location of partial ring is significant.
- Associated with elevated blood lipids and the risk of plaque deposits.
- Lack of usable sodium in body causes hardening of calcium. It also affects the liver, resulting in fat buildup.
- Can also increase the calcification processes in blood vessels and joints- resulting in stiffness of joints and arthritis.
- Calcium deposits are scarring arteries, causing cholesterol to stick.



# Some other signs

- Bluish haze bleeding from iris into the white indicates iron deficiency.

- When fibers are hard to see- fuzzy- the blood is dirty. Need blood cleansers.